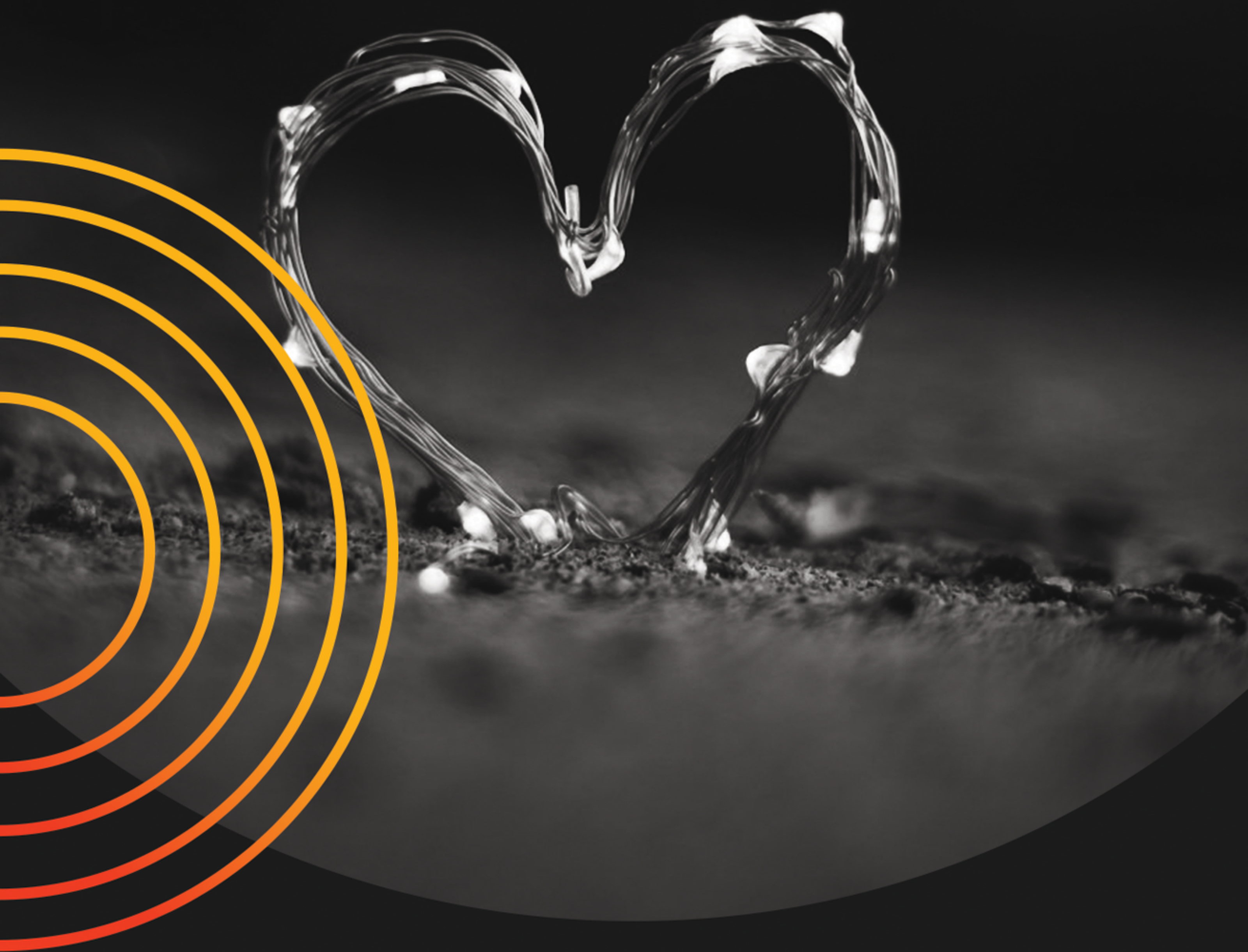




How to Reawaken Your Heart in Ramadan



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, The Most Gracious, The Most Merciful





Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you
in good health and imaan.

On behalf of our AMAU Academy team, we would like
to present to you these compiled notes that we have
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team
and have not been comprehensively checked
by a teacher.

If you find any errors or corrections that need
to be made, kindly inform us via our email
helpdesk@amauacademy.com

May Allah make our paths toward seeking
beneficial knowledge easy and kindle our hearts
with sincerity and gratefulness
towards Him.

Jazakumullahu Khayran



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جل جلاله | Jalla Jalāluhu
Allah the Most Exalted



صلى الله عليه وسلم | Sallāllāhu Alayhi Wa Sallam
Peace and blessings of Allah be upon him




رضي الله عنه | RadiAllahu `anhu
May Allah be pleased with him

Bring Your Heart to Life



Chapter One



Without the actions of the heart, the good deeds performed by the limbs are rendered fruitless. Thus, it is mandatory for every Muslim to examine, treat and reawaken his heart.

This is especially important in the month of Ramadan when we intend to strive in the worship of Allah ﷻ and increase in righteous deeds.

Therefore, in this course, we aim to guide you on how to prepare our hearts, cure and energise them to fully benefit from the blessed month of Ramadan.

Let's begin.



A How the Prophet ﷺ Welcomed Ramadan

When Ramadan approached, the Prophet Muhammad ﷺ would go to his companions and give glad tidings of the arrival of this month.

Ramadan is undoubtedly one of the most revered months of the year. Its importance is highlighted by the fact that the Prophet ﷺ, his companions, and the Salaf would all conscientiously ready themselves mentally, physically, and spiritually before its commencement to fully capitalise on its blessings.

Ibn Rajab mentions in his book Lataaif al-Ma'arif that the Prophet ﷺ used to fast almost the entire month of Sha'baan except for a few days, as narrated by 'Aisha رضي الله عنها. One of the reasons for this practice, as Ibn Rajab explains, is to prepare the body for fasting in the month of Ramadan.

The scholars of the past followed this example and prepared themselves before the onset of Ramadan. Some would fast according to the Sunnah of the Prophet Muhammad ﷺ, while many others would dedicate the month to reciting the Qur'an. They would call it "شهر القراء" (The reciters' month).

B How the Salaf prepared for Ramadan

During the month of Sha'ban, the reciters would revise the Qur'an extensively to avoid making mistakes during the month of Ramadan. This practice helped them become accustomed to reading large portions of the Qur'an, mentally and physically preparing themselves for the fasting and increased recitation during Ramadan.

Some of the Salaf would even go to the extent of closing their shops and dedicate their time to reading the Qur'an throughout the day!

C Reawaken your heart!

To welcome this precious month, one of the greatest and most essential preparations is to ensure that your heart is awake - to rejuvenate your heart so that when Ramadan begins, it is alive, vibrant and fully awakened.

The Prophet ﷺ said:

1

" الْحَلَالُ بَيْنَ وَالْحَرَامِ بَيْنٌ، وَبَيْنَهُمَا مُشَبَّهَاتٌ لَا يَعْلَمُهَا كَثِيرٌ مِنَ النَّاسِ، فَمَنْ اتَّقَى الْمُشَبَّهَاتِ اسْتَبْرَأَ لِدِينِهِ وَعِرْضِهِ، وَمَنْ وَقَعَ فِي الشُّبُهَاتِ كَرَاعٍ يَرْعَى حَوْلَ الْحِمَى، يُوشِكُ أَنْ يُوَاقِعَهُ. أَلَا وَإِنَّ لِكُلِّ مَلِكٍ حِمًى، أَلَا إِنَّ حِمَى اللَّهِ فِي أَرْضِهِ مَحَارِمُهُ، أَلَا وَإِنَّ فِي الْجَسَدِ مُضْغَةً إِذَا صَلَحَتْ صَلَحَ الْجَسَدُ كُلُّهُ، وَإِذَا فَسَدَتْ فَسَدَ الْجَسَدُ كُلُّهُ. أَلَا وَهِيَ الْقَلْبُ ".

There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoilt the whole body gets spoilt and that is the heart.

Sahih al-Bukhari 52

Ibn Taymiyyah mentions this hadith and emphasises that this is the reason that the inner actions are the foundation of the religion. He highlights that outer actions, if they are not translated inwardly, meaning that there's no correlation between the inner and the outer actions, then the outer actions are not accepted.

If someone engages in outward actions without genuine sincerity, merely for show or to gain recognition from others, such actions are considered insincere and hypocritical in the eyes of Allah ﷻ, and therefore not accepted.

The actions are only accepted when they stem from genuine belief in Allah, obedience to Him, and adherence to the teachings of the Prophet ﷺ. This is the essence of Shaykh al-Islām Ibn Taymiyyah's statement.

A heart that is truly alive experiences a sense of calmness and tranquillity that is rare within the people.

Allah ﷻ says in the Qur'an:



أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Surely in the remembrance of Allah do hearts find comfort.

Surah Ar-Ra'd 28

Certainly, a healthy heart is one that engages in Dhikr. Remembrance of Allah ﷻ gives an individual tranquillity and a sense of peace. This tranquillity stems from obedience to Allah ﷻ and His Messenger ﷺ.

Corruption of Hearts

Chapter Two

To properly understand how to reawaken our hearts, it's essential to recognize that the heart can become corrupted. This is a fundamental concept that we must all acknowledge.

1 ● Can My Heart Become Corrupt?

Allah ﷻ says in the Qur'an:

1

إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ

Only those who come before Allah with a pure heart 'will be saved'.

Surah Ash-Shu'ara 89

This highlights that some hearts are corrupted and afflicted with diseases. Allah ﷻ extensively mentions the sicknesses of the hearts in His Book.

2 ● The Ill-Effects of a Corrupted Heart

Allah ﷻ says in the Qur'an:

2

فَبِمَا نَقْضِهِمْ مِيثَاقَهُمْ لَعَنَّاهُمْ وَجَعَلْنَا قُلُوبَهُمْ قَاسِيَةً

But for breaking their covenant We condemned them and hardened their hearts.

Surah Al-Ma'idah 13

This verse highlights that as a punishment for breaking their covenant, they were cursed, and their hearts were hardened. Allah ﷻ deviated them away from the truth, and expelled them from guidance. This shows the significant danger associated with a corrupted heart—it becomes averse to hearing and resistant to accepting the truth.

Allah ﷻ mentions in another Aayah:

3

وَإِذَا ذُكِرَ اللَّهُ وَحْدَهُ اشْمَأَزَّتْ قُلُوبُ الَّذِينَ لَا يُؤْمِنُونَ بِالْآخِرَةِ

Yet when Allah alone is mentioned, the hearts of those who disbelieve in the Hereafter are filled with disgust.

Surah Az-Zumar 45

When Allah's name is mentioned alone, meaning that when He is the only one worshipped, their hearts become disgusted. They flee from such a speech even though this is the Haqq.

Allah ﷻ has created people to worship Him alone, and this is the purpose of their creation. However, due to the sickness in their hearts, they cannot bear to hear the truth.

Ibn al-Qayyim extensively discusses the effects of sins on the heart in his book Ad-Daa' Wa Ad-Dawaa'. One of these effects is that the person affected by sins becomes averse to hearing the truth.

3 ● Having Bad Thoughts About Allah ﷻ

Another consequence is that one may start fostering negative thoughts about Allah.

Allah ﷻ says,

4

إِذْ يَقُولُ الْمُنَافِقُونَ وَالَّذِينَ فِي قُلُوبِهِمْ مَّرَضٌ غَرَّ هَؤُلَاءِ دِينُهُمْ ۚ

‘Remember’ when the hypocrites and those with sickness in their hearts said, “These ‘believers’ are deluded by their faith.”

Surah Al-Anfal 49

In this Aayah, we find that certain people utter statements claiming that the believers are deluded by their religion. Among these people are the hypocrites - whose evil is well-known - as well as those whose hearts are sick.

This demonstrates that one of the perils of having a corrupted and diseased heart is that it leads a person to harbour negative thoughts about Allah, including doubting His promises.

4 ● When The Heart Dies

Indeed, this is something that requires rectification. What should truly concern us is that one of the consequences of having a corrupted heart is that it gradually but surely leads to its death. Indeed, the heart can become so corrupt that it dies.

The Prophet ﷺ said:

5

إِنَّ الْمُؤْمِنَ إِذَا أَذْنَبَ كَانَتْ نُكْتَةً سَوْدَاءَ فِي قَلْبِهِ فَإِنْ تَابَ وَنَزَعَ وَاسْتَغْفَرَ صُقِلَ قَلْبُهُ فَإِنْ زَادَ زَادَتْ فَذَلِكَ الرَّانُ الَّذِي ذَكَرَهُ اللَّهُ فِي كِتَابِهِ {كَلَّا بَلْ رَانَ عَلَى قُلُوبِهِمْ مَا كَانُوا يَكْسِبُونَ}

It was narrated from Abu Hurairah that the Messenger of Allah (ﷺ) said:“When the believer commits sin, a black spot appears on his heart. If he repents and gives up that sin and seeks forgiveness, his heart will be polished. But if (the sin) increases, (the black spot) increases. That is the Ran that Allah mentions in His Book: “Nay! But on their hearts is the Ran (covering of sins and evil deeds) which they used to earn.” [83:14]

Sunan Ibn Majah 4244

This suggests that when a person commits a sin, a small black dot is placed in their heart. If they repent, it is removed. However, if they persist in sinning, more dots accumulate until their heart becomes completely blackened. When this occurs, the heart dies. Consequently, a person can no longer differentiate between right and wrong, truth and falsehood, good and evil.

It's crucial to keep this understanding in mind, reminding ourselves continually to turn back to Allah ﷻ, seeking His forgiveness and asking for a blessed and healthy heart.

First Aid for the Hearts

Chapter Three

Let us now delve into the first action steps you can take to treat your heart.

1 Repenting to Allah ﷻ

In order to reawaken your heart, you must repent from your sins, seeking forgiveness for any wrongdoings, especially before the month of Ramadan and the 10 blessed days of Dhul Hijjah and every season of goodness in Islam, such as the sacred months, and so on.

2 Ibn al-Qayyim on Sins

Ibn al-Qayyim mentions a beautiful analogy regarding sins and their impact on our actions and good deeds. He says that sins are like chains that prevent you from doing good deeds, achieving Ihsaan, increasing your Imaan and attaining the lofty stations that Allah ﷻ has mentioned in the Qur'an, and that the Prophet ﷺ has mentioned in the Sunnah.

Therefore, one of the best things you can do before intending to do good deeds is repenting sincerely to Allah ﷻ so that He forgives your sins. This helps you break free from the chains of sins and makes it easier to focus on your goal of becoming righteous.

We must understand that making mistakes is inevitable for all of us.

As the Prophet ﷺ said:

- 1
- "كُلُّ بَنِي آدَمَ خَطَّاءٌ وَخَيْرُ الْخَطَّائِينَ التَّوَّابُونَ"
- "Every son of Adam commits sin, and the best of those who commit sin are those who repent."**
- Sunan Ibn Majah 4251

It's important to acknowledge that we will all inevitably slip up from time to time.

These mistakes, especially when it comes to sins, have effects that we often overlook. We might see sin as simply subtracting from our good deeds, like a transaction. But it's not that simple.

3 The Side Effects of Sins

In his book Ad-Daa' Wa Ad-Dawaa', Ibn al-Qayyim mentions the severe side effects or harms that come along with doing sins. One of the effects he mentions is the sense of loneliness between oneself and Allah. Sins can make it hard to be around righteous people and even prevent you from doing good deeds - almost as if the doors of Khayr are closed upon you.

4 Weakness of the Heart & the Body

Sins weaken both the heart and the body, leading to detrimental effects. Ibn al-Qayyim emphasises that these effects can be so severe that they ultimately lead to the death of the heart. As mentioned in the previous chapter, the heart can become so corrupt that it dies.

Additionally, He adds that sins weaken the body because they are interconnected. A stronger heart leads to a stronger body, while a weaker heart results in a weaker body.

To sum it up, one of the most effective ways to reawaken your heart before, during, and after Ramadan, as well as throughout your life, is to sincerely repent to Allah ﷻ and seek His forgiveness.

We strongly encourage you to try this approach, and you'll witness its profound impact, firstly on your soul and heart, and secondly on the good deeds you aspire to perform.

Obedience to Allah ﷻ and His Messenger ﷺ

Chapter Four

The second way to reawaken your heart during Ramadan is to fully adhere to the guidance of Allah ﷻ and His Messenger ﷺ. This means following what Allah ﷻ has ordained in the Qur'an and what the Prophet ﷺ has legislated in his Sunnah.

Allah ﷻ says in the Qur'an:

1 **يَا أَيُّهَا الَّذِينَ ءَامَنُوا أَطِيعُوا اللَّهَ وَأَطِيعُوا الرَّسُولَ**
O you who believe! Obey Allāh and obey the Messenger
(Muhammad صلى الله عليه وسلم)
Surah An-Nisa 59

Following Allah ﷻ and His Messenger ﷺ is indeed the path to success, guidance, and ultimately, Paradise. It's the way to attain blessings in this life and the Hereafter.

The Scholars call this **السَّيْرَةُ الْمُسْتَقِيمَةُ** (As-Siraat Al-Mustaqeem). Following it not only enriches your life in terms of your heart and soul but also leads to eternal life in the Hereafter.

1 ● What Gives You Life

Allāh ﷻ says in the Quran:

2 **يَا أَيُّهَا الَّذِينَ ءَامَنُوا أَصْغَبُوا لِلَّهِ وَلِلرَّسُولِ إِذَا دَعَاكُمْ لِمَا يُحْيِيكُمْ**
O you who have believed, respond to Allāh and to the Messenger
when he calls you to that which gives you life.
Surah Al-Anfal 24

One of the scholars mentioned a profound statement in his Tafseer of this verse. He says the word 'if (إِذَا) he calls you to that which gives you life' can also imply the opposite:
If what the Prophet ﷺ calls you to is something that does not bring you life, then there's no need to respond.

According to this scholar, this principle applies to everything that Allah ﷻ and His Messenger ﷺ call to. In short, whatever Allah ﷻ and His Messenger ﷺ call to is something that will give you life in one way or another.

The scholars have mentioned that the life being referred to here is Islam itself. One scholar even said that Islam revived you and gave you life after you were dead.

This ties in together beautifully with the verse in Surah Al An'am.

Allah ﷻ says:

3

أَوْ مَن كَانَ مَيِّتًا فَأَخْيَيْنَاهُ وَجَعَلْنَا لَهُ نُورًا يَمْشِي بِهِ فِي النَّاسِ

Can those who had been dead, to whom We gave life and a light with which they can walk among people...

Surah Al-An'am 122

Following the Deen, adhering to Islam, following the Sunnah, obeying the Prophet ﷺ, and following Allah's commandments are all essential. Embrace Islam completely - this is what gives you life and revives your heart.

3 ● Allah ﷻ Controls the Hearts

Allah ﷻ says in another verse:

4

وَأَعْلَمُوا أَنَّ اللَّهَ يَحُولُ بَيْنَ الْمَرْءِ وَقَلْبِهِ

And know that Allah stands between a person and their heart..

Surah Al-Anfal 24

Remember that Allah ﷻ has control over the servant and his heart and knows what lies within the hearts of His servants.

Allah ﷻ also has the power to cause a person's death. Therefore, a person must hasten to become obedient and do good deeds before death arrives, as Allah ﷻ may take one's life at any moment.

Another beautiful interpretation of the last part of the verse is that it highlights Allah's ﷻ control over His servants and their hearts. This underscores the significance of Allah's ﷻ Will in all matters.

So, we must seek His help in following Him ﷻ and His messenger ﷺ.

As stated in the verse of Allah ﷻ in Surah Al-Fatihah:

5

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

You 'alone' we worship and You 'alone' we ask for help.

Surah Al-Fatihah 5

The scholars emphasise seeking help in His worship, implying that while you acknowledge the need to worship Allah ﷻ and follow His Messenger, you also need Allah's assistance in doing so. Therefore, you must never forget to seek Allah's guidance and help in your worship.

The Role of Islamic Knowledge



Chapter Five

Islam is a religion of ‘Ilm and so, learning Islamic knowledge is an indispensable aspect of our faith that permeates every topic and facet of religion.

The first verse revealed to the Prophet ﷺ was:

1

اقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ

Read, ‘O Prophet,’ in the Name of your Lord Who created—

Surah Al-‘Alaq 1

Allah ﷻ also says in the same Surah:

2

اقْرَأْ وَرَبُّكَ الْأَكْرَمُ

Read! And your Lord is the Most Generous.

Surah Al-‘Alaq 3

Allah ﷻ further says:

3

عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ

He taught humanity what they knew not.

Surah Al-‘Alaq 5

This implies that knowledge, reading, and writing are essential aspects of our religion. They not only enrich our understanding but also help keep our hearts alive during difficult times.

When facing trials, doubts, or temptations, having knowledge is crucial for keeping your heart steadfast and alive, as well as reawakening it when needed.

1 Hearts That Fall Prey to Shaytaan’s Fitnah

In one of the impactful verses found in Surat Al-Hajj, Allah mentions how he lets the Shaytaan stir up trials among the people:

4

لِيَجْعَلَ مَا يُلْقِي الشَّيْطَانُ فِتْنَةً لِلَّذِينَ فِي قُلُوبِهِم مَّرَضٌ وَالْقَاسِيَةِ قُلُوبُهُمْ

All that so He may make Satan’s influence a trial for those ‘hypocrites’ whose hearts are sick and those ‘disbelievers’ whose hearts are hardened.

Surah Al-Hajj 53

This shows that the people with sick, corrupted and hardened hearts are the ones who fall prey to Shaytaan’s traps.

2 How Knowledge Protects the Heart

Allah ﷻ says in the next verse:

5

وَلِيَعْلَمَ الَّذِينَ أُوتُوا الْعِلْمَ أَنَّهُ الْحَقُّ مِنْ رَبِّكَ فَيُؤْمِنُوا بِهِ ۖ فَتُخْبِتَ لَهُ قُلُوبُهُمْ

‘This is’ also so that those gifted with knowledge would know that this ‘revelation’ is the truth from your Lord, so they have faith in it, and so their hearts would submit humbly to it.

Surah Al-Hajj 54

This suggests that individuals with knowledge are guided to the right actions and beliefs, responding appropriately to the fitnah and submitting to the truth whenever it comes from Allah ﷻ.

Certainly, dealing with each trial may require different approaches, making it somewhat abstract. However, knowledge is the key. People of knowledge understand how to navigate through fitan, trials, doubts, and tribulations effectively.

If you dedicate yourself to studying and learning what is obligatory upon you, you will be equipped to handle these challenges without letting them affect your heart negatively. And Allah ﷻ knows best.

Busy Yourself With the Qur'an

Chapter Six

The Book of Allah ﷻ is the greatest remedy for every sick, hardened, and dead heart. In this chapter, let us look at how we should hold onto the Qur'an and make it a means to reawaken our hearts.

1 ● Relationship of the Salaf with the Qur'an

We must follow the example of our Salaf and engage with the Qur'an regularly, reading it as frequently as possible and reflecting on its meanings.

The scholars didn't read the Qur'an solely for its blessings or rewards; they sought to understand it deeply. They studied, comprehended, and acted upon its verses. This practice undoubtedly reawakens the heart.

2 ● The Cure for Every Heart

Allāh ﷻ says in the Quran:

1

يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ

O humanity! Indeed, there has come to you a warning from your Lord, a cure for what is in the hearts.

Surah Yunus 57

This Book serves as a healing remedy for what lies within the hearts. The entirety of the Qur'an holds this power of healing.

In the hadith narrated by Ibn 'Abbas, it's mentioned that Surah Al-Fatihah serves as a Ruqyah. Let us take a look at the hadith below:

2

عَنْ أَبِي سَعِيدٍ الْخُدْرِيِّ - رَضِيَ اللَّهُ عَنْهُ - أَنَّ نَاسًا مِنْ أَصْحَابِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَتَوْا عَلَى حَيٍّ مِنْ أَحْيَاءِ الْعَرَبِ فَلَمْ يَقْرُوهُمْ، فَبَيَّنَمَا هُمْ كَذَلِكَ إِذْ لُدَّ سَيِّدُ أُولَئِكَ فَقَالُوا هَلْ مَعَكُمْ مِنْ دَوَاءٍ أَوْ رَاقٍ فَقَالُوا إِنَّكُمْ لَمْ تَقْرُونَا، وَلَا نَفْعَلُ حَتَّى تَجْعَلُوا لَنَا جُعْلًا. فَجَعَلُوا لَهُمْ قَطِيعًا مِنَ الشَّاءِ، فَجَعَلَ يَقْرَأُ بِأَمِّ الْقُرْآنِ، وَيَجْمَعُ بُزَاقَهُ، وَيَتَفَلُّ، فَبَرَأَ، فَأَتَوْا بِالشَّاءِ، فَقَالُوا لَا نَأْخُذُكَ حَتَّى نَسْأَلَ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَسَأَلُوهُ فَضَحِكَ وَقَالَ "وَمَا أَدْرَاكَ أَنَّهَا رُقِيَّةٌ، خُذُوهَا، وَاضْرِبُوا لِي بِسَهْمٍ".

Narrated Abu Sa'id Al-Khudri: Some of the companions of the Prophet (ﷺ) came across a tribe amongst the tribes of the Arabs, and that tribe did not entertain them.

While they were in that state, the chief of that tribe was bitten by a snake (or stung by a scorpion).

They said, (to the companions of the Prophet (ﷺ)), "Have you got any medicine with you or anybody who can treat with Ruqya?"

The Prophet's companions said, "You refuse to entertain us, so we will not treat (your chief) unless you pay us for it." So they agreed to pay them a flock of sheep.

One of them (the Prophet's companions) started reciting Surah-al-Fatiha and gathering his saliva and spitting it (at the snake-bite). The patient got cured and his people presented the sheep to them, but they said, "We will not take it unless we ask the Prophet (whether it is lawful)."

When they asked him, he smiled and said, "How do you know that Surat-al-Fatiha is a Ruqya? Take it (flock of sheep) and assign a share for me."

Sahih al-Bukhari 5736

Hence, the Qur'an serves as a remedy for whatever dwells within the hearts. Remarkably, even the toughest and most resistant hearts soften upon listening to its verses.

3 ● The Effects of Reading the Qur'an

Allāh ﷻ says in the Quran:

3

إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ وَإِذَا تُلِيَتْ عَلَيْهِمْ آيَاتُهُ زَادَتْهُمْ إِيمَانًا

The 'true' believers are only those whose hearts tremble at the remembrance of Allah, whose faith increases when His revelations are recited to them.

Surah Al-Anfal 2

One of the most effective ways to revive your heart and increase your Imaan is to engage with the Qur'an. Make it a habit to read, reflect upon, and study its verses. If you're unable to access books of Tafseer, there are many beneficial translations and online resources available.

Take advantage of these tools to deepen your understanding of the Qur'an. By immersing yourself in its teachings, you can reawaken your heart and prepare yourself for the month of Ramadan.



To ensure your progress,
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on the notes and video
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